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NEWS
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SHARING.

JAY AND BEY ARE ON THE RUN, AND SO ARE THE RUMOURS

SOURCES SUGGEST THE COUPLE'S UNION MIGHT NOT LAST AS LONG AS THEIR CURRENT CONCERT TOUR

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Ebola outbreak toll increases

New case reported in Nigeria, Africa's most populous nation, as the regional death toll for the outbreak grows to 887

PAGE 10

Ottawa man charged with cyberbullying

Robert Campbell, 42, slapped with a whopping 181 charges

PAGE 4



Thief swipes disabled comic's van

Nothing to laugh about. Adaptive van designed to accommodate wheelchair, has special driving controls



TREVOR GREENWAY
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A disabled Ottawa man is struggling to get around these days, after thieves stole his specially adapted van worth \$70,000.

Michael Lifshitz has multiple congenital musculoskeletal abnormalities and needs to use a wheelchair most of the time. He relies on his specialized van to get around to his motivational speaking presentations, his comedy gigs and to do everything from getting groceries to going to work.

The 38-year-old was saddened when he returned to Bank and Lisgar streets last Wednesday to find that his



Michael Lifshitz has a van specially adapted to accommodate his disability. Last week, the van was stolen. TREVOR GREENWAY/METRO

van had vanished.

"For me, the car is independence," said Lifshitz who put \$31,000 into his silver 2009 Toyota Sienna minivan to fit his mobility needs. "Stealing a car is

wrong. Stealing an adapted van, where a person relies on their car for day-to-day functioning is just a di—move.

"I am trying to take comfort in the fact that karma

will get him in the end."

There weren't too many personal items in the van — a few CDs and sunglasses — and since Lifshitz can still walk some of the time, he is grateful his wheelchair

wasn't inside.

Insurance will likely cover the cost of a new van and he said his insurer has been generous in paying his taxi bills. But a new adapted vehicle could take months

to be completed and finding a cab to suit his needs is a bit of a challenge.

"It takes a lot of planning in order to manoeuvre around the city," he said. "It's a real pain in the butt."

For a guy who just had his van stolen, Lifshitz is positive about the situation and is already working on a comedy bit about the ordeal.

"I was sort of thinking he crashes it, gets hurt and then needs the wheelchair. That would be poetic justice," he said, laughing.

A similar incident happened in 2012 when Ottawa photographer Steve Gerecke had his van stolen along with his specialized wheelchair and \$30,000 worth of camera gear.

The van has a bumper sticker of a golfer that reads, "And you thought a handicap messed up your game?"

Anyone with information is urged to call police.

Follow Trevor Greenway on Twitter @TrevorGreenway



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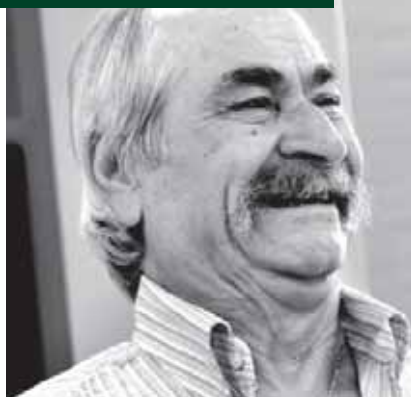
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Petawawa

Two killed in boating accident

A man and a woman are dead following a boating crash on Sunday night.

The Upper Ottawa Valley Detachment of the Ontario Provincial Police says it is investigating after a watercraft collided with rocks near Dow Island in Petawawa at 10:16 p.m.

The deceased were identified as 20-year-old Zachary Lapointe of Pembroke, and 25-year-old Tiffany Burgess of Petawawa. **METRO**

Guns and Gangs Unit

Man shot, injured outside strip club

The Ottawa police Guns and Gangs Unit is investigating a shooting that happened Sunday around 2:30 a.m.

Police say a man was shot outside the NuDen strip club as he was getting into a taxi. Officers responded to the area of St. Laurent Boulevard near Belfast Road for a report of a male who had sustained a single gunshot wound.

The victim was taken to hospital with a non-life threatening injury. **METRO**

Hines Road

Man dies after two-vehicle crash

Police say a man is dead after a two-vehicle collision in Ottawa. They say two adults, a man and a woman, were transported to hospital after a crash on Hines Road at 2 p.m. Saturday.

Police say the man died in hospital overnight. They are not releasing his identity until his family has been notified. **METRO**



Garth Hampson of the RCMP in Ottawa holds a pin given to his father upon serving in the army during the First World War. JOE LOFARO/METRO

Remembering 'the ones who didn't come back'

100 years later. Proud Ottawa son reminisces about his vet dad at ceremony marking anniversary of WWI



JOE LOFARO
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A sombre ceremony in Ottawa Monday marked the 100th anniversary of the start of the First World War, but Ret. Mast. Cpl. Garth Hampson of Ottawa could hide his proud smile.

At the foot of the tomb of the Unknown Soldier at National War Memorial, war veterans,

their families and hundreds of passersby reflected on the path Canada took in 1914 when Britain declared war on Germany. About 60,000 of the 419,000 Canadians who went overseas to fight with Britain did not return home.

Hampson lost his uncle, who is buried at the Villers-au-Bois cemetery in France. Hampson's father, Syd, survived the war as a soldier, but didn't leave Europe without his own scars.

"He talked about mud and water. Living in mud and water," recalled Hampson. "Dad never talked about being gassed, but (my son) found it from his medical files. Can you believe that?"

The 80-year-old Mountie

proudly showed off a pin given to his father during a pilgrimage to Vimy in 1936, and shared a laugh with other veterans before posing for photographs.

"He was an ordinary soldier, except for the brass. And he came back and made a great contribution to Moose Jaw as an elected official," said Hampson.

"I became very involved in the community and that came from him. He was very involved. And you think about all the ones who didn't come back, they could have done the same thing he did."

As a proud son, Hampson followed in his father's footsteps — not only in a public-service career, but by giving back to the community

through the RCMP band.

Still, the ceremony in Ottawa was a reminder that while all is calm in Canada 100 years later, wars are still raging on in other corners of the world.

"War is awful. Look at what's happening in Gaza. Horrible things," said Hampson.

"When do we learn it's not the way to do it?"

"That's why the United Nations was formed, to hopefully add discourse and try to get people to understand that if you sit down and you're really sincere about what you're talking about and you can have a life people in Canada have, things will be pretty good."

For more on the WWI anniversary, see pages 8-9

1 NEWS



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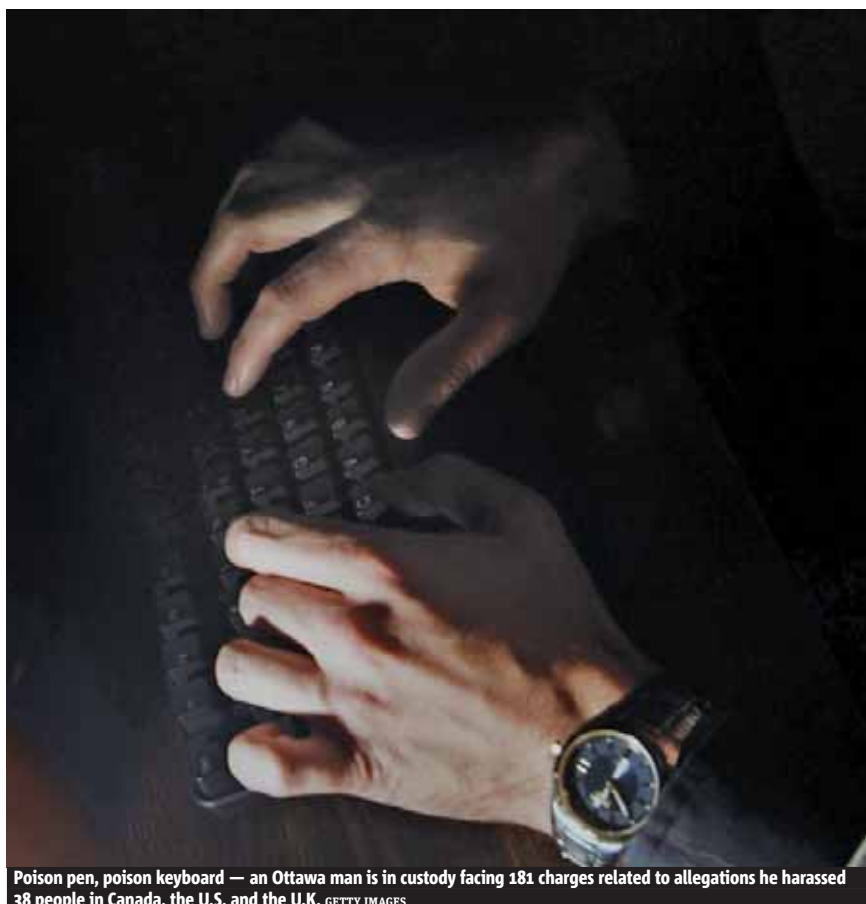
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Poison pen, poison keyboard — an Ottawa man is in custody facing 181 charges related to allegations he harassed 38 people in Canada, the U.S. and the U.K. GETTY IMAGES

Local man accused of mass campaign of online torment

181 charges. Ottawa man accused of harassing dozens of individuals across three countries



JOE LOFARO
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An Ottawa man who says he has been a victim of cyber-bullying for 12 years feels “relieved” police finally caught the person believed to have been hiding behind the keyboard.

Ottawa police slapped Robert Campbell, 42, with a whopping 181 charges Friday after they investigated several cases of online harassment involving 38 alleged victims in Canada, the U.S. and the U.K.

Police say 18 of those victims are from Ottawa.

Authorities say Campbell used sophisticated means to cover his tracks over time, making it a challenge for police to connect the dots.

“As the victims came forward, police forces had to identify a common link,” said Ottawa Police Acting Insp. Carl Cartright. “The spider web, at the end, it must lead to a centre. At the centre of this web was our accused.”

Campbell faces 27 counts of criminal harassment, 85 counts of defamatory libel and 69 counts of identity fraud.

One of the complainants from Ottawa was at court Friday to see Campbell, a former acquaintance of his, make an appearance by video. This man’s name is protected by a publication ban.

“It’s a really good day for all of us,” the man told Metro outside the courthouse. “And I’m really, really happy ... for all the victims out there in all the three countries.”

The man says the accused created fake email addresses and social-media profiles to spread lies about him.

He said police “worked tirelessly” on the case and called him Thursday to tell him an arrest was coming. While there was some satisfaction in knowing a suspect was in custody, he still has plenty of questions.

“What did I do to make someone harass me and my family for 12 years?” he asked.

None of the allegations against Campbell have been tested in court. He is scheduled to return on Aug. 7.

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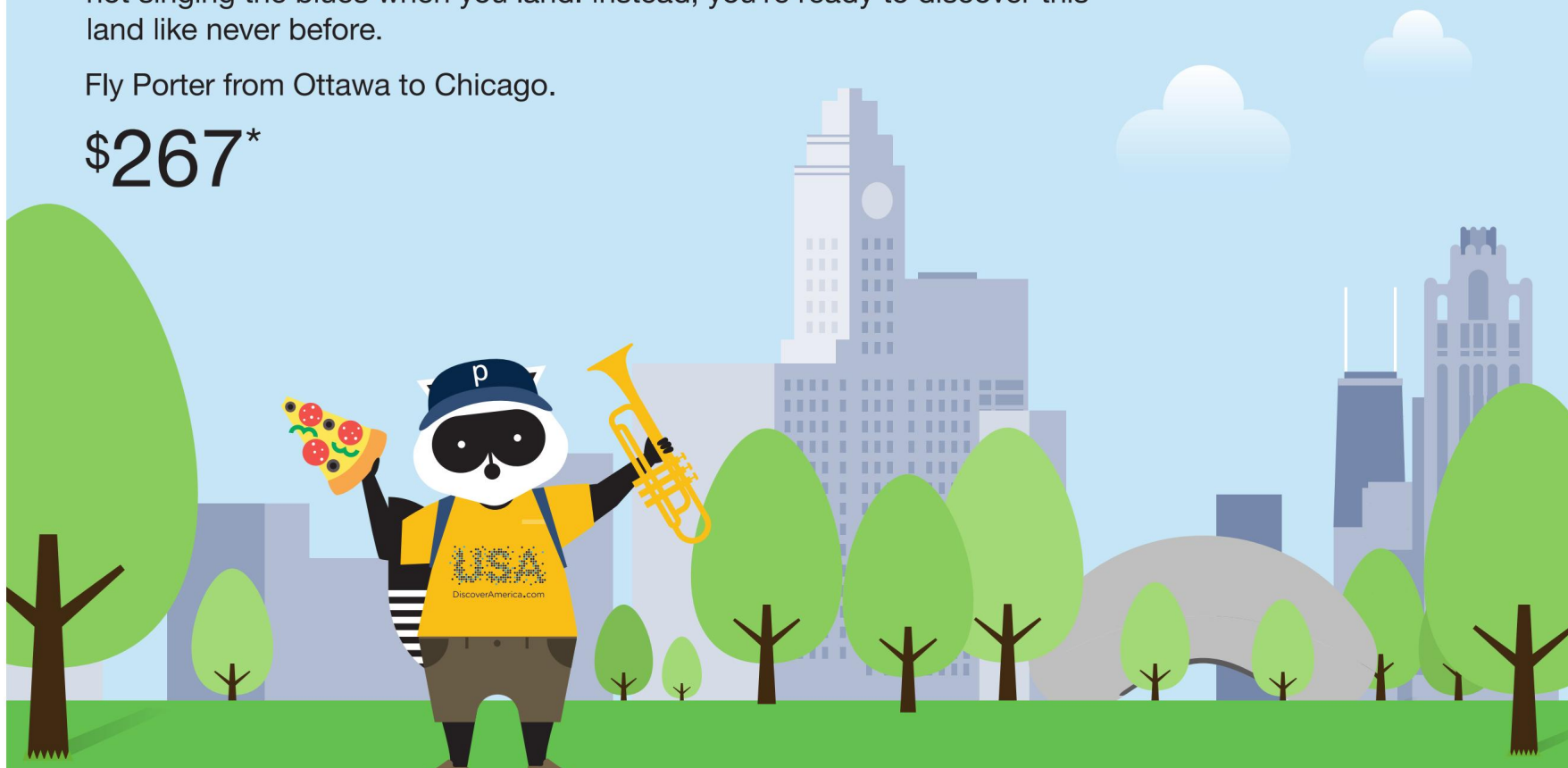
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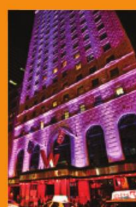
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Busker fest dazzles

Weekend fun.
Sparks Street taken over by performers

Contortionists, jugglers, fire spinners and a circus school drew over 200,000 people onto Sparks Street for the Ottawa International Busker Festival

this past weekend.

The street festival began Thursday and captivated audiences all weekend long with unique performances that would usually cost more than just tossing a couple of coins into a hat.

"Anyone can tell a joke, but these guys have this amazing, magical ability to hold a crowd

and entertain them and just captivate them, and that is the amazing thing," said Sparks Street BIA program and events co-ordinator Kevin McHale.

"They are all just fun to watch on different levels, whether they are juggling, doing impersonations, being a contortionist and putting themselves through a toilet

seat — it doesn't matter, it's just absolutely entertaining."

One performance that stood out for McHale was the duo of the Checkerboard Guy and Jean Michel Paré, who threw an impromptu juggling/circus and improv act that held a full crowd even as fireworks were exploding overhead.

TREVOR GREENWAY/METRO



A British street performer, tied up in chains, kicks a hat from his foot onto his head while standing on a ladder. JOE LOFARO/METRO



Isaiah Bijimine, 5, shows off his freshly created Spider-Man face, thanks to Fantasy Face Painting. JOE LOFARO/METRO



Lying on a box, a woman balances her partner in the air in front of a crowd on Sparks Street on the final day of the busker festival. JOE LOFARO/METRO

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A scantily clad man on stilts, from the group Junkyard Symphony, gets doused by a water balloon. JOE LOFARO/METRO



Sawyer McDonald, 7, and his sister Marin, 8, get the hang of spinning plates on sticks inside a tent on Sparks Street during the busker festival.

JOE LOFARO/METRO

A large advertisement for Great Wolf Lodge. The top half of the ad shows a family of five (two adults and three children) standing under a giant tipping bucket that is pouring water over them. The background is a stylized illustration of a waterpark. The bottom half of the ad has a dark, textured background with the text 'FAMILY MEETING! RIGHT NOW! EVERYONE UNDER THE GIANT TIPPING BUCKET!' in large, bold, yellow letters. Below this, in smaller white letters, is 'INDOOR FAMILY WATERPARK RESORT. EVERYBODY IN.™'. On the right side, there is a logo for 'GREAT WOLF LODGE' with a red paw print, and below it, 'Niagara Falls, Canada'.

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First World War Timeline

1 June 28, 1914: Austrian Archduke Franz Ferdinand and his wife Sophie are assassinated in Sarajevo.

2 Aug. 4, 1914: Britain goes to war against Germany, Canada is automatically included.

3 Oct. 1, 1914: First Canadian Division sails for Britain.

4 Nov. 1, 1914: HMS Good Hope is sunk at the Battle of Coronel off the coast of Chile, taking four Canadian midshipmen down with her. They are the first Canadians killed in action.

5 April 9-12, 1917: Canadians storm and capture Vimy Ridge. Casualties: 10,602.

6 Aug. 29, 1917: Canada's conscription bill becomes law.

7 Nov. 11, 1918: An armistice goes into effect at 11 a.m. and the shooting and shelling stops.

Reconciliation at heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour. During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.



European leaders gathered to mark 100 years since the beginning of WWI.
THIBAUT CAMUS/THE ASSOCIATED PRESS

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

"It opened Pandora's Box," said Gauck who acknowledged that it "is anything but self-evident to stand and talk to you on this day."

The war wasn't expected to last long. But instead of weeks, the continent was plunged into hardship and misery for over four years.

The Great War, as it came to be known, is now often

War changed the world

"It opened Pandora's Box."

German President Joachim Gauck joined a number of other European leaders in France to commemorate the end of the First World War. He noted the initial causes of the war and how they sent the entire region into over four years of conflict.

depicted as senseless slaughter without a big moral cause that claimed an estimated 14 million lives, including five million civilians, and nine million soldiers, sailors and airmen from 28 countries. About seven million were left permanently disabled.

The U.S. joined the allies against the German and Austro-Hungarian empires in 1917 and provided a decisive impetus to break the deadlock before the Nov. 11, 1918, armistice.

THE ASSOCIATED PRESS

Analysis

Canadian vets' courage inspirational

Prime Minister Stephen Harper marked the 100th anniversary of the beginning of the First World War on Monday, crediting the conflict, despite its terrible loss of life, as an essential part of Canada's development as a nation.

"Amid the appalling loss, by any measure, Canada as a truly independent country was forged in the fires of the First World War," Harper told a crowded gathering at the Canadian War Museum in Ottawa.

Canada's involvement in the war began a century ago

when Britain declared war against Germany. The First World War became a critical turning point for a country not even 50 years old when the conflict erupted in Europe.

The successes of Canadian soldiers on battlefields that included Ypres, Vimy and Passchendaele spurred a deep sense of national pride and a belief that Canada could stand on its own.

"And yet what it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards ... the sense of these things eludes us still. We can only imagine their fear, their courage." THE CANADIAN PRESS

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The dates of the First World War are displayed on the National War Memorial in Ottawa. Countries around the world commemorated the First World War with ceremonies and events. Scan the image with your Metro News App to view a gallery of other ceremonies. SEAN KILPATRICK/THE CANADIAN PRESS

The Great War. Origins of 1914 conflict hotly debated a century later

It's been 100 years since Europe's major powers, and their colonies and dominions, went to war, but the passage of time has done little to settle the debate about who or what was responsible for the First World War.

Prof. Michael Neiberg of the U.S. Army War College in Carlisle, Pa., said some blame those who held political power at the time, and their divergent systems of government, while others insist it's difficult to assign blame at the feet of any one culprit.

"If anybody goes looking for simple causes, they're going to either be disappointed or they're going to reduce the history so much that it won't make sense any more — 1914 was an unbelievably complicated world," said Neiberg.

Europe was a divided region in August 1914. Britain, France, and Russia formed the Triple Entente, while Germany, Austria-Hungary and Italy made up the Triple Alliance.

Many view the assassination

on June 28, 1914, of Archduke Franz Ferdinand at the hands of a Serbian nationalist as the spark that ignited the conflict.

Historian Margaret MacMillan, a professor at the University of Oxford and author of *The War That Ended Peace: The Road to 1914*, said the decisions in those final days are significant in order to understand the conflict's origins.

"When you get right down to the summer of 1914, you have to look at the human decisions and the human errors that were made, and I think until very, very late on, they could have avoided a war," she said in a recent interview.

MacMillan doubts historians will ever settle the debate of what or who is to blame for the First World War.

"I think we should tell (schoolchildren) there's a discussion, and that it's all right to have different views on what happened in history," she said. "Some things you just won't get a consensus (on)."

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Quake in southern China leaves trail of devastation

Yunnan province. At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by an earthquake of magnitude 6.1 in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said



This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, ac-

cording to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey. China's earthquake monitoring agency

put the magnitude at 6.5.

The central government has allocated 600 million yuan (\$97 million) for rescue and relief work after the quake, the Finance Ministry said.

The national meteorological centre said the area near the centre of the quake would suffer thundershowers over the next three days. THE ASSOCIATED PRESS

Ebola virus. Infected U.S. aid workers being treated with experimental drug

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was identified as a potential treatment only this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.

Transmission of Ebola

The disease is not airborne, and transmitted only through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego.

In a statement, the company said it was working with Leaf-Bio of San Diego, Defyrus Inc. of Toronto, the U.S. government and the Public Health Agency of Canada on development of the drug, which was identified in January as a possible treatment. THE ASSOCIATED PRESS

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Free shipping game-changer for retailers

'This means war.'

Walmart fired a shot across the bow when it offered free delivery across Canada for online purchases

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging

a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas. The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

In a bid to win young customers online retailer Amazon has also recently started offering unlimited free shipping — but only for six months to students in Canada.

THE CANADIAN PRESS



Tilling new ground in agritourism

Bloomery Plantation Distillery employee Allison Manderino, 28, hands out samples of SweetShine in its tasting room in Charles Town, W. Va., this summer. With its sweet fruit-flavoured liqueurs, a working farm and eccentric cast of characters — including a dancing lemon — Bloomery Plantation Distillery has attracted tourists from every U.S. state and countries as far away as Laos and Iceland. The West Virginia mini-distillery is part of a growing agriculture tourism trend that advocates say can help revive struggling rural economies. Ag tourism refers to working farm enterprises geared to visitors, encompassing farm stands, pumpkin patches, barn dances, zip-line rides, pick-your-own berries, corn mazes and even weddings. CLIFF OWEN/THE ASSOCIATED PRESS

Unpaid wages, damages

LinkedIn to pay \$6M in overtime

Professional networking service LinkedIn has agreed to pay nearly \$6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of federal overtime and record-keeping rules.

THE ASSOCIATED PRESS

Market Minute



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FOR EVERYONE *EXCEPT* CARRIE BRADSHAW

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-wracking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny



SHE SAYS
Jessica Napier

metronews.ca

things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book *The First 90 Days*, Harvard University professor and leadership expert Michael D. Watkins notes, "the first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our super-

visors and co-workers.

But Watkins explains that new hires shouldn't be so con-

cerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intraoffice memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN



Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled

the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

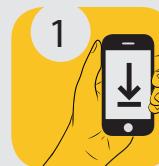
Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

SPIEGEL.DE

METRO AUGMENTED REALITY

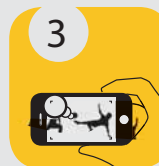
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MetroTube

Canada cannot live on yule logs alone



ANDREW
FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six-day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)



SCREENGRAB

DVD review



Twin Peaks

Creators. Mark Frost,
David Lynch

Stars. Kyle MacLachlan

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie) that made David Lynch and co-creator Mark Frost woodland authorities on owls, coffee, damn fine pie and ritual murder in the Pacific Northwest. After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film that further muddled the central mystery of the death of high schooler Laura Palmer. This Blu-ray set goes a long way to righting wrongs. The 10 discs do more than add hi-def lustre to each TV episode and collect extras from old DVD releases, although they do all that. Best of all is what the set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some back story for David Bowie's crazed FBI character.

PETER HOWELL

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that.

"Why do you think we become actors? We get our best lines written for us," Mirren explains. "We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in *The Hundred Foot Journey*, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro.

The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together.



Helen Mirren plays a French restaurant owner unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says.

His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

Speaking of France, Mirren apparently achieves a rather unusual lifelong goal with her role in *Hundred Foot Journey* — or at least

one difficult to achieve, even for her.

"I'm dying to be a French actress," she says with a laugh. "I really wanted to play Madame Mallory because she's French! It was my pathetic attempt at being a French actress."

If there was any message she wants audiences to take away from the film, it's one that dates back thousands of years.

"Love thy neighbour," she says without flinching. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neigh-

AUGMENTED REALITY

→ The death of good taste or a fusion of cultures? Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling *The Hundred Foot Journey*.



→ See the full instructions on Metro's Voices page.

bour is difficult and it's the most important."

2 SCENE



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Jay-Z and Beyoncé

Will Jay-Z and Beyoncé's On the Run tour reach an untimely finish line?

More rumours of marital trouble for Jay-Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to their On the Run tour's planned finally in September. "They're not

just staying in different hotel rooms, but they have booked separate hotels and they arrive separately to each show." The couple reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

Paquin proves to be model of patience during King's personal probing



Anna Paquin ALL PHOTOS GETTY IMAGES

Sometimes you have to tell Larry King something multiple times for it to sink in. Take, for example, True Blood star Anna Paquin's sexuality. During a recent

interview, King peppered Paquin with some rather direct questions, starting with, "Are you a non-practising bisexual?" To which the ever-patient Paquin responded, "Well, I am married to my husband (Stephen Moyer), and we are happily, monogamously married." King wouldn't let it rest there, though, and followed up with: "But you were bisexual?" OK, Larry. Here goes: "I don't think it's a past-tense thing," Paquin patiently explained.

"Are you still straight if you are with somebody? If you were to break up with them or if they were to die, it doesn't prevent your sexuality from existing. It doesn't work like that." All in good fun, right? Until King finally ended that section of the discussion with a creepy aside that he'd "stop with wishful thinking."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



50 Shades of Orange: Lohan looking for a pal to help pen tell-all book

NED
EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source

teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Pas-sages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.

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Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler.
And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London

 POPCORN (AIR POPPED, 1 CUP) Total calories: 31 Total fat: 0 g	 WATERMELON (BALLS, 1 CUP) Total calories: 46 Total fat: 0 g	 JALAPEÑO STUFFED GREEN OLIVES (5) Total calories: 30 Total fat: 4 g	 HUMMUS WITH PITA BREAD (1 CONTAINER) Total calories: 225 Total fat: 13 g	 ORANGE (1 LARGE, 340 g) Total calories: 90 Total fat: 0 g
 CHICKEN MAYO SANDWICH Total calories: 329 Total fat: 11 g	 COCONUT WATER (VITA COCO, 250ml) Total calories: 45 Total fat: 0 g	 ALMONDS (RAW, 10) Total calories: 69 Total fat: 6 g	 PINEAPPLE (DICED, 1 CUP) Total calories: 74 Total fat: 0 g	 TABBOULEH (1 CUP) Total calories: 165 Total fat: 9 g
 ROASTED PUMPKIN SEEDS (1 TBSP) Total calories: 83 Total fat: 5 g	 APPLE (1) & PEANUT BUTTER (2 TBSP) Total calories: 270 Total fat: 16 g	 VEGGIE AND BROWN RICE SALAD BOWL (1) Total calories: 250 Total fat: 6 g	 PLENISH CLEANSE SWEET SEXY GREEN JUICE (1) Total calories: 23 Total fat: 0 g	 CARROT AND CELERY STICKS (1 CUP) Total calories: 70 Total fat: 0 g

3
LIFE

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Mobile tech

Reshaping the health sector

Your smartphone is not only your friend, it's also become your personal trainer, coach, medical lab and maybe even your doctor. "We've gotten to a point where sensors either in the phone or wearables gather information that we couldn't do in the past without going to a medical center," says Gerry Purdy, analyst

at Compass Intelligence.

The consultancy Rock Health estimates 143 digital health companies raised \$2.3 billion in the first six months of 2014, already topping last year's amount.

An analysis by the global consultancy Deloitte suggests that smart glasses, fitness bands and watches, should sell 10 million units in 2014, generating more than \$3 billion and that the number of devices will hit 170 million by 2017. **AFP**

Combat stress levels



Your goal should be to remove clutter. **ISTOCK**

Summertime and cleaning is easy



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Take advantage of the easier days of summer to get your house organized. A neat home will help keep the stress levels down. It's easier than you think. Best Health magazine consulted home organizing professionals for their tips.

Let things marinate

When you're organizing, sort everything into five piles: "move to another room," "donate," "give to a specific person," "throw away" and, finally, the "marinating" pile. Pack up all the marinating items, and label the box with a date that's six to 12 months later. If you don't open the box before that date, you can safely discard those items.

Move forward—not backwards

Don't call a personal organizer and say you need help adding storage for all your stuff. That's just backwards. Your goal should be to remove the clutter, not create more storage space.

Find its place

Good news from the pros: Being organized doesn't mean everything is in its place; it means everything has a place. If you can get your house ready for a surprise guest in 30 minutes or less then you're organized.

Donate, donate, donate

You could sell unused items on eBay, but do you want to get organized or start a career hawking stuff? Unless you need the money, give things away to charities and at community donation centres. It saves time.

Dress up flat surfaces

Countertops and tables quickly become drop zones for clutter. If you have a dining table, for example, that is always getting covered with junk, clear it off, put a flower arrangement in the middle, and add actual place settings. That should prevent people

from parking stuff there.

Make your car work for you

Anything that needs to go somewhere should be in your car, not in your house. Keep your shopping coupons there in a clear folder so they're within reach when needed. Get an errand basket for the trunk to hold items to be returned. Use crates to store kids' car toys and emergency supplies.

Don't put a lid on it

Avoid lids on laundry baskets, bins and other storage containers. They just make it that little bit harder for you to put things away.

Avoid cardboard boxes for storage

One professional we spoke with recalled a client who needed help carrying a bunch of cardboard storage boxes into her newly renovated house. As they opened the first one, out came hundreds of cockroaches. (Ew!) You name the pest; you can be assured that it loves cardboard. **FOR THE FULL ARTICLE, PICK UP THE SUMMER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA**

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This week:

Two Minutes Two Times a Day



You're 20 minutes and four ingredients away from dinner

Georgian Bay Salmon.

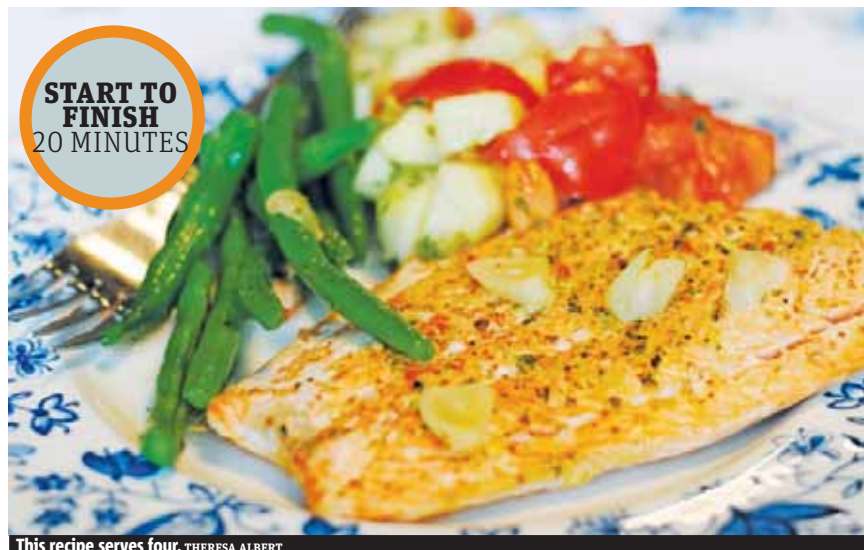
This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont. Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced



This recipe serves four. THERESA ALBERT

save the second for a salad the next day.

1. Sprinkle lemon pepper and spoon butter over salmon laid

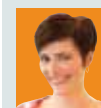
on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place fish on the barbecue

and bake for 20 minutes with lid down. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. FIND HER AT MYFRIENDINFOOD.COM

Health Solutions

Make your summer sizzle



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the summer weather knocking the crap out of us, no one feels like cooking. It's true that meals get much simpler and expectations lower at this time of year but burgers become boring and hot dogs can't handle real hunger so a little creativity is required.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries

or add to broth with chives and purée into soup.

- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

There is a sense of comfort that comes from knowing you have the key part of any meal at the ready when all you want to do is sit in the shade with a cold glass and let the breeze remind you how wonderful Canadian summers can be.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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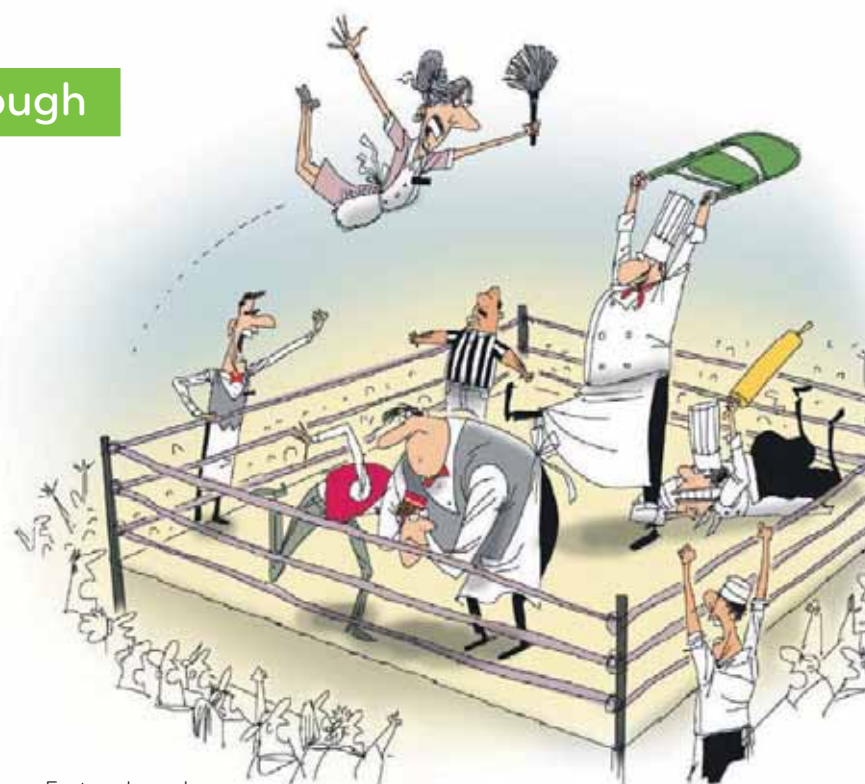
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Raonic-Pospisil final bodes well

Good omen. Citi Open decisive match could be a sign of even better things to come

Before Milos Raonic and Vasek Pospisil were born and even when they weren't yet old enough to hold tennis rackets, a generation of Swedes led by Stefan Edberg, Bjorn Borg and Mats Wilander swept the tennis world.

Now it might be Raonic and Pospisil's turn to do the same as Canadians.

"I think there's a chance now with the guys in Canada here that they can do the same journey," Edberg said. "It should be a very exciting time

for Canadian tennis going forward now."

Considering Raonic's defeat of Pospisil Sunday in the Citi Open was the first all-Canadian final in the history of the men's tour, this journey is just getting started. What the match also illustrated is that Pospisil has a ways to go to catch up with Raonic, even though he's showing evidence of following him up the rankings.

Pospisil, who will face Richard Gasquet in the first round of the Rogers Cup on Tuesday, is ranked 27th in the world after reaching his first ATP final. Raonic is back up to his career high of sixth after winning his sixth title.

"For me, just seeing him, growing up with him and beating him when we were younger

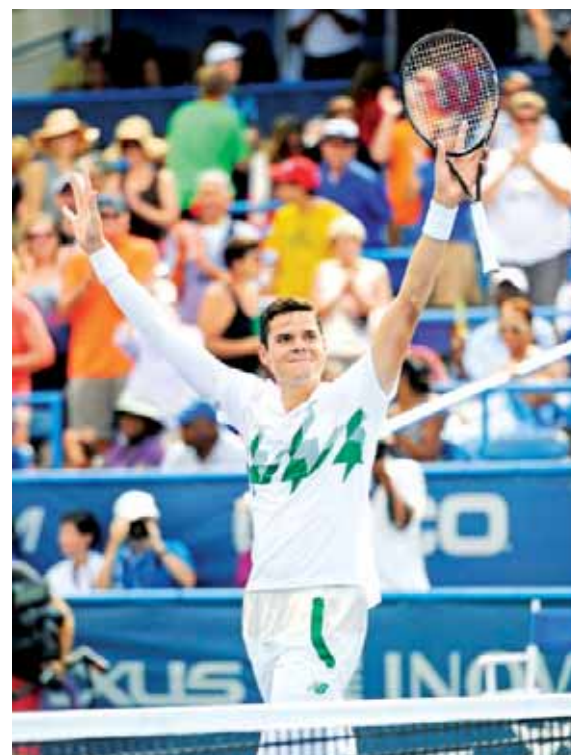
First all-Canadian final

"The fact that I was playing another Canadian, Milos, made it more special for sure."

Vasek Pospisil about meeting Milos Raonic in the Citi Open final last Sunday.

just motivated me a little bit and feeling I could do it too," Pospisil said Monday. "I have a lot of areas of my game that I need to work on and fully develop to reach the top 10."

Raonic is still the standard for Pospisil and this new generation of Canadian men's tennis players, but the Vancouver native is making strides, especially recently. **THE CANADIAN PRESS**



Canada's Milos Raonic celebrates after beating compatriot Vasek Pospisil at the Citi Open final in Washington Sunday. NICK WASS/THE ASSOCIATED PRESS



Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

NFL

Manziel gets a chance as starter

Browns' rookie Johnny Manziel took snaps with Cleveland's starters for the first time in practice at training camp on Monday, moving ahead of Brian Hoyer for at least one day.

Coach Mike Pettine said Manziel's promotion was simply the next step in the club's evaluation of the two quarterbacks in the second full week of their competition for the starting job.

"It's just part of our plan," Pettine said. "We said we were going to allow the quarterbacks to compete."

THE ASSOCIATED PRESS

Junior hockey. Top NHL entry draft pick Aaron Ekblad leads by example

Aaron Ekblad says no one has a right to expect a spot on Canada's world junior roster — even those players returning for a second tour of duty.

The first overall pick in this summer's NHL entry draft said that a fourth-place finish at last year's world junior championship means everyone vying for a spot on the Canadian squad to play on home soil later this year is on equal footing — himself included.

"There's something left on the table," said Ekblad of the opportunity squandered in Malmo, Sweden, that ended

abruptly with a bronze-medal game loss to Russia.

"Obviously we're coming into this with positivity, but we lost last year," added Ekblad, a defenceman for the Ontario Hockey League's Barrie Colts. Head Coach Benoit Groulx says that's what he wants to hear.

"That's the attitude we like. He's coming here as the first pick overall and he's first on every drill and he's probably the hardest working player on the ice," said Groulx, who served as an assistant-coach for Canada in Sweden.

THE CANADIAN PRESS

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Stuck on 12 Across?
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus

April 21 - May 21

Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini

May 22 - June 21

Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer

June 22 - July 23

You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo

July 24 - Aug. 23

Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo

Aug. 24 - Sept. 23

There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra

Sept. 24 - Oct. 23

If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio

Oct. 24 - Nov. 22

Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

♐ Sagittarius

Nov. 23 - Dec. 21

You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn

Dec. 22 - Jan. 20

You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius

Jan. 21 - Feb. 19

Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces

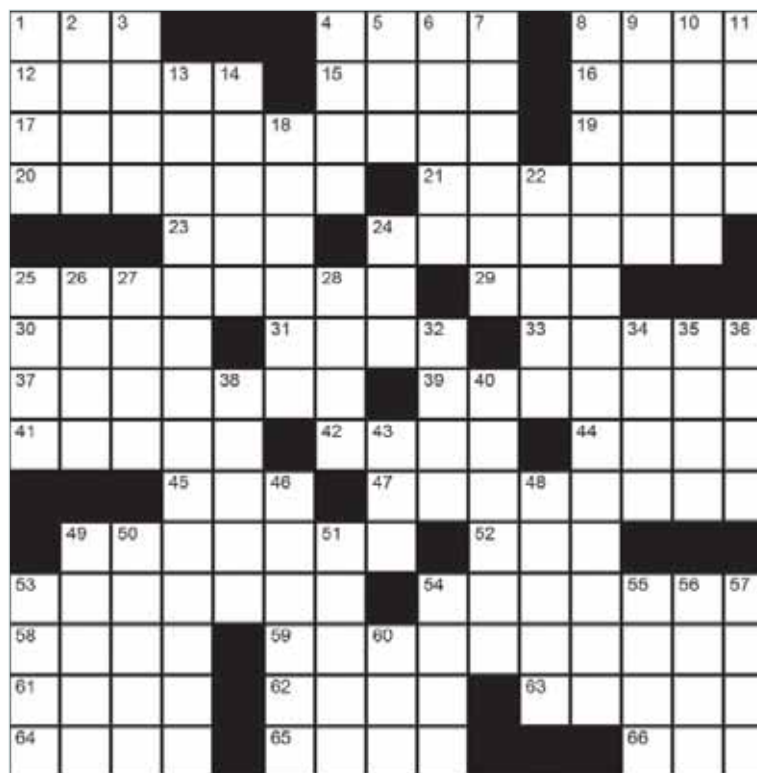
Feb. 20 - March 20

The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind ___!"
15. Rosey ___ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The ___ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. ___ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, ___ Cove



49. Dire Straits' "___ of Swing"
52. will ___
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-

- buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern

66. Switch selections

5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon ___
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.

9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash ___ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollires
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo ___ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount ___
50. ___ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. ___ the flour
54. Hazard
55. Bjork hit: "It's ___ Quiet"
56. Bank ___
57. Donald Sutherland/Elliott Gould spoof flick, "___" (1974)
60. '70s record label

Friday's Crossword

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

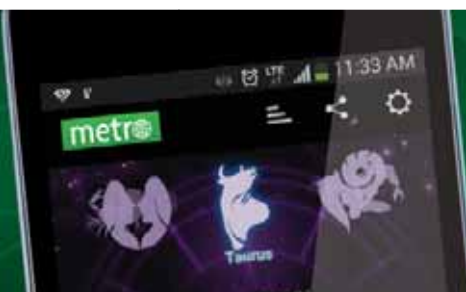
Friday's Sudoku

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

2				9			1	3	5
					6				4
		3		2	8		7		
6				3	9		5		
		9		7	4				8
		7		6	8		4		
5				2					
1	8	4			5				6

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